## 

**EXAMPLE**

8

9

7

2

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8

6

## C:\! BUSINESS\0.2 THE COACHING TOOLS COMPANY\2. TOOLS FOR COACHES\1.3 TOOLS ON WEBSITE\Wheel of Life - Wheel Image Only.pngYOUR NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## TODAY'S DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMPLETE THE WHEEL:**

**1. Review the 8 Wheel Categories -** think briefly what a satisfying life might look like for you in each area.

**2. Next, draw a line across each segment that represents your satisfaction score for each area.**

* Imagine the centre of the wheel is 0 and the outer edge is 10
* Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
* Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it *should* be!